COMMON HOUR: College Success in Weekly Bites

As part of your requirement for FYS 100, you will enroll in FYS 102, Common Hour. This course in your academic schedule provides sessions and activities that offer essential college transition skills and timely campus information.

What will I learn in Common Hour?
Common Hour sessions focus on your transition to York College, and offer strategies you can use to have a successful first-year college experience:

- **Stress and Anxiety**: Understand and manage the feels in your life
- **College Finances**: Make a plan for your money and navigate the York College billing system
- **Study Skills**: Get more done and do it better when you’re hitting the books
- **Priorities and Procrastination**: Find time for everything on your list, including taking care of yourself
- **Sleep**: Give your brain the time and rest it needs to learn, and boost your productivity
- **Thrive in Life**: Identify your core values, and set goals that help you build a value-driven life

How is my Common Hour graded?
Your Common Hour attendance is tracked and graded as part of your course average in FYS 100. By attending required sessions, you earn part of your course grade for FYS 100.

How do I register for Common Hour?
Your summer Academic Advisor will help you register for FYS 102 when you attend New Spartan Days. Your faculty and peer mentors will remind you about attending Common Hour starting with the first week of class.

FIRST-YEAR SUCCESS. IT'S WHAT WE DO!

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Join an exciting program that combines classroom learning with activities and events that connect directly to the course topic. Enjoy a rich campus life created just for you, more interaction with faculty and peer mentors, and additional support for your transition to York College.

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Professor Brian Malcarne
Is there a formula for achieving happiness and success? How can you ensure that you enjoy what you do for the rest of your life? Now is the time to plan how you will approach your college education and create a path for success and enjoyment. We will explore theoretical and practical approaches to creating a satisfying life through meaningful work, play, and learning.

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Professors Brian Gray and Alison Kennicutt
This course is reserved for students admitted into the STEM Scholars Program.
Do you enjoy waking up to the smell of freshly brewed coffee? Have you ever wondered how we discovered how to make bread or yogurt? Do you know why jams and jellies are so sweet? What are the differences between semisweet, unsweetened and sweet chocolate? This course explores chemistry and biology through cooking! In addition to learning the science behind cooking, food preservation, taste perception, and fermentation, students will also experiment with a variety of recipes.

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Professor Dianne Creagh
The Disney corporation is a popular topic of study for historians, media scholars, social scientists, and business analysts. Examine Disney from each of these perspectives, compare Disney’s past and present, and debate the company today is still “Walt’s Disney.” This course will include readings, class discussions, group projects, and individual projects, as well as opportunities to join in activities outside of class time.

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Who Decides? Status, Influence, and Justice
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Explore the human impact on the natural world, and help shape the future.

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Professor Valerie Houghton
How do animal lives relate to one another and to people? We will examine animal experimentation, factory farming, euthanasia of unwanted animals, hunting and killing animals for pleasure, and animals as companions and assistants. We will debate questions of justice, morality, ethics, and legislation, as well as consider the effectiveness of positive activism in freeing animals from domination and subjugation.

**What’s for Dinner? Food Issues and Choices**  FYS 100.110 and 100.115
Professor Kay McAdams
What’s for dinner? We face a world of labels, diets, and endless advice about “eat this, not that.” How do we make those choices, and what are the implications for ourselves, the environment, and for those who produce the food that reaches our table? Through hands-on exploration, discussion, and debate, we will investigate food issues and politics, and become more informed consumers of food.

**Chocolate: Dark or Light?**  FYS 100.101
Professor Peggy Herr
Chocolate: the food of the gods, a reward, a pick-me-up after a hard day. While enjoying that sweet, rich and smooth treat, have you ever considered the origin of chocolate, or exactly what steps are required to bring the cacao bean to the consumers who crave it? This course will explore the process of chocolate production and the worldwide impact it has on economics, ecology, politics, and social justice.

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Imagine a day without any energy—no electricity and no gasoline! It’s our responsibility to use energy resources wisely and conserve them for the future, and yet, energy harvesting methods and uses are controversial for their impact on our environment, politics, and society. We will explore hot-button issues such as global warming, renewable energy, our individual and collective carbon footprints, and sustainable energy solutions.

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**“Huh?” Human Communication and Connection**

Explore how we connect across personal, digital, and global boundaries.

**Funny You Mentioned It**  FYS 100.801
Professor Andy Shaw
Humor has a powerful impact when we communicate. The gif you posted. Super Bowl commercials. They diffuse. They help us relate. They can offend. Why was that funny commercial persuasive? Why does one joke “kill” and another fall flat? We’ll examine the “how” and “why” behind humor, from pop culture to our own lives, and explore how humor can help us become better written and oral communicators.

**Talking Past Each Other**  FYS 100.114
Professor Mary Boldt
Have you ever hit a wall of misunderstanding when you were trying to reach out in a friendly way across cultures? Can our society talk civilly about politics, especially in an election year? And how do our electronic devices help or hinder communication? In our complex global community of nearly 7000 languages, impassioned political views, and round-the-clock connectivity, meanings are easily confused and feelings are easily hurt. In this course, we will explore ways to grow as empathetic, informed communicators equipped to navigate the messages that travel imperfectly across cultures, languages, political perspectives, and media channels.

**Footprints in Silicon: Implications of a Digital Life**  FYS 100.103
Professor Vickie Kline
Are you the same person online as you are face-to-face? What devices will actually become part of you? What happens when your devices start talking back to you? Will your digital existence extend past your physical life? Through hands-on examination, we will analyze the footprints in silicon that we are all making. We will discover our digital selves, and debate how the digital world shapes our relationships and our society.

**Peace and Pop Culture**  FYS 100.122
Professor Myra Toms
How “woke” are you? What does Lady Gaga have to do with peace? Can Chance the Rapper create more change in his community than politicians? In Peace and Pop Culture we will explore what peace looks like in the eyes of a variety of influential people, and we’ll evaluate the efforts of celebrities to create change. There are many individuals striving for peace in the world, and you may be surprised to find out who places peace as a priority in their lives.

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